

# Lectio Divina

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## Lectio

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- Pick a passage you aren't overly familiar with to avoid reading your presuppositions into it.
- Don't read too big of a passage. Keep it small.
- Simply read the passage over and over a number of times. Read it both out loud and in your mind. Don't worry about finding the meaning or the context.

## Meditatio

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- As you are reading, discover what words seem to come to the forefront of your mind or jump out of the passage. God is speaking to you through these key phrases.
- Repeat this word in your mind and note the feelings and emotions that it brings.
- Don't go too fast! Slow down and allow God to speak.

## Oratio

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- Ask God why. "Lord, what do you want me to do with what you've given me today?"
- Find a balance between talking and listening.

## Contemplatio

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- Quiet your soul and body. Sit at the feet of God and enjoy his presence.
  - When distracted, slowly move back into that place of quiet and rest.
  - When finished, slowly move out of contemplation by reciting the Lord's Prayer, or writing about your experience in your journal.
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